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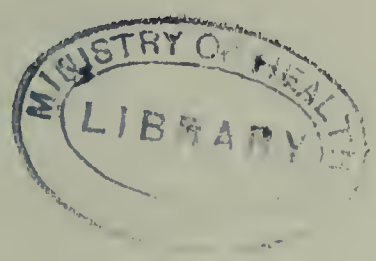

URBAN DISTRICT COUNCIL OF SHERINGHAM

ANNUAL REPORT

OF THE

MEDICAL OFFICER OF HEALTH

AND OF THE

SANITARY INSPECTOR AND SURVEYOR

FOR

THE YEAR 1951.

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URBAN DISTRICT COUNCIL OF SHERINGHAM.

REPORT

OF THE

MEDICAL OFFICER OF HEALTH

FOR

THE YEAR 1951.

Mr. Chairman and Gentlemen,

I have the honour to present the Annual Report of the Medical Officer of Health for the Year ending 31st. December, 1951.

The Post of Medical Officer of Health for Sheringham is combined with that for Cromer, North Walsham, and Erpingham, and with the Post of Assistant County Medical Officer for Area No.2 of the County of Norfolk.

PRINCIPAL NOTES ON THE YEAR.

The estimated population at mid-year was 4,636 as compared with 5,050 in 1950.

The Birth Rate was 10.6 per 1,000 of the estimated population (England and Wales 15.5).

The Death Rate was 18.8 per 1,000 of the estimated population (England and Wales 12.8).

No death occurred from Childbirth.

Notifications of Infectious Disease were substantially below the rates for the Country as a whole.

The number of cases of Tuberculosis on the Register showed little change.

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Statistics and Social Conditions of the Area.

Area in Acres	929.
Population (Registrar General Estimate,1951) ...	4636.
Number of Inhabited Houses,1951, ...	1,548.
Total Rateable Value	£37,041.
Product of a Penny Rate..	£147.18.4.

Social Conditions. The Urban District of Sheringham is situated on the North Coast of Norfolk, facing North, It is bounded by the Sea on the North and by a low range of wooded hills which fall generally for a mile from the South, it adjoins the Erpingham Rural District on three sides, and has on its outskirts such picturesque places as the Roman Camp, Pretty Corner and the village of Upper Sheringham.

During the Summer months visitors in abundance resort to Sheringham for the bracing air, fine sands, golf links and scenery.

The population is composed of (1) fishermen, (2) those whose business it is to let rooms, and tradesmen, and (3) a constantly increasing class who resort to Sheringham for its natural beauties, its fine golf links, and its bracing air.

VITAL STATISTICS.

	Total	Males	Females
Live Births - Legitimate	48	22	26
Illegitimate	1	-	1
Total	49	22	27

The Birth Rate is 10.6 per 1,000 of the estimated population (England and Wales 15.5). 2% of Live Births were illegitimate.

Birth Rates, 1942 - 1951.

1942 - 16.8	per 1,000	population.	
1943 - 16.6	"	"	"
1944 - 23.78	"	"	"
1945 - 18.23	"	"	"
1946 - 20.88	"	"	"
1947 - 22.17	"	"	"
1948 - 17.9	"	"	"
1949 - 16.3	"	"	"
1950 - 9.9	"	"	"
1951 - 10.6	"	"	"

Maternal Mortality.

From Sepsis	Nil.
From other causes	Nil.

Deaths of Infants under 1 Year:-

One was reported, a female.
This gives a Rate of 20 per 1,000 related live births.

DEATHS.

The causes of Death were as follows:-

	Male	Female	Total
Tuberculosis of the Respiratory System	1	-	1
Other Tuberculosis	-	-	-
Syphilitic Diseases	-	-	-
Diphtheria	-	-	-
Meningococcal Infections	-	-	-
Acute Poliomyelitis	-	-	-
Measles	-	-	-
Other infective and parasitic diseases	-	-	-
Whooping Cough	-	-	-
Cancer of Stomach	1	2	3
Lung and Bronchial passages	-	1	1
Breast	-	3	3
Uterus	-	-	-
Other malignant and lymphatic growths	6	2	8
Leukaemia and Aleukaemia	-	-	-
Diabetes	-	1	1
Vascular lesions of the Nervous system	4	10	14
Coronary Disease and Angina	7	6	13
Hypertension with Heart Disease	1	-	1
Other Heart Disease	5	13	18
Other Circulatory Diseases	-	1	1
Influenza	-	1	1
Pneumonia	1	2	3
Bronchitis	1	-	1
Other diseases of the Respiratory System	-	-	-
Ulcer of the Stomach and Duodenum	1	-	1
Gastritis and Enteritis, and Diarrhoea	-	-	-
Nephritis and Nephrosis	-	-	-
Hyperplasia of the Prostate	2	-	2
Pregnancy, Childbirth and Abortion	-	-	-
Congenital Malformations	1	-	1
Other diseases, and ill-defined diseases	2	6	8
Motor Vehicle Accidents	1	1	2
All other Accidents	2	2	4
Suicide	-	-	-
Homicide and operations of War	-	-	-
Total	36	51	87

The Death Rate is 18.8 per 1,000 of the estimated population.

GENERAL PROVISIONS OF HEALTH SERVICES FOR THE AREA.

Public Health Officers to the Local Authority.

Medical Officer of Health:-

J.H.F.NORBURY, M.B., B.S.(London), M.R.C.S., L.R.C.P., D.P.H.

Sanitary Inspector and Surveyor:-

Mr. R.H.SERSHALL,
Cert. R.S.I. Meat and Food Inspector.

GENERAL PROVISION OF HEALTH SERVICES FOR THE AREA (CONTINUED).

As a result of the National Health Service Act, which came into operation in 1948, Health Services are provided almost entirely by official bodies. There is a limited amount of private practice.

The official bodies are four in number:-

(1) The Norfolk Executive Council.
This provides the General Practitioner, Dental, Pharmaceutical, and Ophthalmic Services.

(2) The Regional Hospital Board.
The Country as a whole has been divided into Regions, and the Regions into areas, for administrative purposes. The Erpingham Rural District lies in the East Anglian Region, and the Cromer area. Cromer and District Hospital is the General Hospital for the area, and provides specialist out-patient clinics for patients from anywhere within the area. The Sanatoria at Kelling, near Holt, are also administered by the Regional Hospital Board, as are the Fletcher Convalescent Home at Cromer, and the Longacre Maternity Home at West Runton.
At present Infectious Diseases are treated at East Dereham Isolation Hospital, a distance of some 30 miles from many parts of the district. This cannot be regarded as entirely satisfactory, but the authorities have promised that the former Isolation Hospital, Roughton, near Cromer, will be re-opened if there are sufficient cases in the district to warrant it.

(3) The County Council.
The County Council provides, through its various departments:-

(a) The School Medical Service.
All schools in the Area are visited at least once during the year. At these visits a systematic examination of entrants, 5, 8, and 10 year olds, and leavers, is carried out; arrangements are made for the treatment of defects found. All children previously found to have defects are also examined, and any not otherwise due to be examined who appear to require it. Special examinations are made of handicapped children, where necessary, in their homes.
Minor Ailment Clinics are held weekly at North Walsham, and fortnightly at Cromer and Sheringham, to serve these towns and the surrounding districts.
Children not included in a school for any reason are also examined at home. Examination is also made of children when transport to school is believed necessary on medical grounds.

(b) The Maternity and Child Welfare Service.
An Infant Welfare Centre is held monthly at Holt and North Walsham, and fortnightly at Cromer and Sheringham. Village Centres are held monthly at Banningham, Corpusty, Edgefield, Gresham, Matlaske, Northrepps, Roughton, Southrepps, and Trimingham. Immunisation and Vaccination are carried out at all centres at least quarterly.

(c) Health Visiting.
All children under 5 are visited regularly in their homes by a Health Visitor. In most cases the duty of Health Visiting is carried out by the local District Nurse-Midwife. She also attends the Welfare Centres in her area, and not infrequently assists at neighbouring ones. Children over 5 come under the supervision of the School Nurse.

(d) Midwifery.
This is performed by the District Nurse-Midwives and the general practitioner-obstetricians in the proportion of approximately 1.5 to 1. In this district the Longacre Maternity Home and Beckham House are available for confinements where domiciliary confinement is considered undesirable.

(e) Home Nursing.
This is carried out by the District Nurse-Midwives under the Norfolk County Nursing Association, who act as agents for the County Council.

(f) Vaccination and Immunisation.
This is carried out by general practitioners acting for the County Council, and by the Assistant County Medical Officer. In the case of children facilities are provided at the Infant Welfare Centres and, in the case of immunisation, at the schools as well.

(g) Ambulance Services.
These are carried out by the St.John Ambulance Brigade, acting as agents for the County Council.

(h) General Measures for the Prevention of Illness, Care, and After-Care, including the provision of Nursing Equipment.

(i) Home Helps.

(j) Mental Health Services.

(k) General Welfare Services, under the supervision of the Welfare Officer.
The Welfare Officer visits Sheringham on Tuesday afternoons at 2 p.m., and is available for interview at that time.

(4) The Urban District Council.
The District Council, is, as ever, responsible for the control of Infectious Diseases and Environmental Health and Hygiene, acting mainly through the Medical Officer of Health and the Sanitary Inspector.
Note:- Laboratory Services are provided at the Public Health Laboratory, Bowthorpe Road, Norwich, by the Ministry of Health.

SANITARY CIRCUMSTANCES OF THE AREA.

1. Water. - The Eastern Gas Board serve water to all the properties within the Urban District by a piped supply. The collecting ground, pumping station and reservoirs are situated in the Sheringham Woods, a situation which is isolated and enclosed approximately half-a-mile South of the Town.

The Water is derived:-

(a) From springs situated within the collecting grounds and stored in reservoirs.

(b) From two deep wells sunk in chalk - 400 feet deep approximately. The water is pumped into a reservoir at a higher level to supply by gravitation the high-lying parts of the town.

(i) (a) Quality of Water. - Regular monthly samples of the Company's Water as supplied to the Sheringham consumers have been taken by the Council's Sanitary Inspector and submitted for bacteriological examination, the result of which has proved the water to be of excellent quality for drinking and domestic purposes.

(b) Quantity of Water Supply. - The quantity of water supplied in the Urban District is sufficient for all purposes during dry weather. The quantity of water obtained from the various springs naturally varies a little during the Summer and dry weather, but the level of the water in the wells varies little however much it is pumped and has never shown signs of failing.

(ii) The Counties Public Health Laboratory carried out monthly bacteriological examinations and half-yearly chemical analysis of the treated water as supplied in this Urban District during the period under review, all of which proved to be of very high standard of purity. Daily tests were also carried out on the Spring and Well waters, both treated and untreated.

(iii) The water supplied within the Urban District is not liable to plumbo-solvent action, as the p.H. Reaction of the water is neutral or on the alkaline side of neutrality. All the water service pipes are laid on in galvanised wrought iron.

(iv) No action has been found necessary in respect of any form of contamination of the water supply.

(v) (a) Number of dwelling-houses supplied direct from public water mains ... ... 1,474.

Number of population supplied from public water mains... ... ... 4,830.

(b) Number of dwelling-houses supplied by means of stand pipes ... ... 65.

Number of population supplied by means of stand pipes... ... ... 200.

2. Drainage and Sewerage. - The Urban District is sewered throughout with a system which needs much improvement as it is not capable of dealing with an excessive and sudden rainfall. The outfall is well below ordinary low water mark in the North Sea. A firm of Consulting Engineers have been asked by the Council to prepare a Scheme for the improvement of the sewerage system, which has now reached the stage of submission to the Ministry of Health.

3. Rivers and Streams. - Only one stream runs through the Urban District and it has not been necessary to take any action during the period to check pollution.

4. (a) Closet Accommodation. - All houses in the Urban District are fitted with water closets of a modern type. The sewerage system is flushed twice a week in the Summer months, and once a week in the Winter months. The dead-ends of the sewers are flushed by the use of a water cart in addition.

(b) Public Cleansing. - Dust-bins are emptied once weekly by the Council's two motor refuse collection vehicles. Twice weekly refuse collection is made during the Summer months from boarding houses and hotels. House refuse is disposed of by the method of controlled tipping on a site on the outskirts of the District.

(c) Schools. The Schools are of a modern type, the water supply and sanitary conditions being quite satisfactory. In cases of notifiable infectious diseases, the schools are at once visited by the Medical Officer of Health, the scholars inspected, and endeavour made to exclude infective children.

(d) Premises and Occupations Controlled by Bye-Laws. - There is no Common Lodging House or Offensive Trade in the Urban District.

SANITARY INSPECTION OF THE AREA.

Report of Sanitary Inspector and Surveyor.

(a) Inspections and Visits. The following inspections and visits have been carried out during the Year:-

Inspections for housing defects and re-visits.....	63.
Sanitary routine inspections and re-visits.....	271.
Visits to Slaughterhouse and meat inspection.....	39.
Food premises and food inspection.....	112.
Milk and Dairy premises inspections.....	15.
Factory Inspections.....	12.
Visits in connection with Ice Cream sampling.....	18.
" " " " Milk "	4.
" " " " Water "	3.
Infectious Disease inspections and visits.....	8.
Number of rooms disinfected.....	6.
Inspection of dirty premises and re-visits.....	15.
Drainage inspections and re-visits.....	17.
Drain tests.....	6.
Council property inspections and re-visits.....	31.
Requisitioned property inspections.....	15.
Rat destruction inspections and re-visits.....	216.
Miscellaneous visits.....	97.

(b) Action taken in consequence of inspections:-

Informal Notices served.....	23.
Statutory Notices served under the Public Health Act, 1936...	4.

(c) Result of action taken in consequence of Notices served:-

Defects remedied by Informal Notices.....	21.
" " " Statutory Notices.....	4.

(d) Proceedings under Sections 11 and 12 of the Housing Act, 1936:-

Number of dwelling houses in respect of which a Closing Order was made on part of the house under Section 12 of the Housing Act, 1936.....	1.

(e) Summary of work carried out as a result of formal and informal action:-

Defective drains renewed.....	4.
Drains unblocked and cleansed.....	9.
Flushing apparatus provided to water closets or repaired.	4.
Trapped gullies provided.....	7.
Water closet pedestals renewed.....	2.
" " " seats renewed.....	4.
Sinks renewed.....	3.
Sink Waste pipes renewed and trapped.....	8.
Water service pipes repaired.....	5.
Roofs repaired.....	7.
Chimney stacks repaired or rebuilt.....	2.
Chimney pots renewed.....	8.
Eaves gutters repaired or renewed.....	4.
Rain water downpipes repaired or renewed.....	3.
Windows repaired.....	15.
Doors repaired or renewed.....	10.
Wall plaster repaired.....	11.
Ceiling plaster repaired.....	4.
Firegrates repaired or renewed.....	6.
Floors repaired or renewed.....	11.
Sub-floor ventilation provided.....	7.
Water Closets rebuilt.....	3.
Wash-house structures rebuilt.....	1.
Damp walls repaired and treated.....	4.
Dirty premises cleansed.....	5.
Deposits of refuse removed.....	4.
Dustbins provided.....	6.

(f) Number of inspections and visits in connection with the duties of Surveyor.

Number of Building Licences issued.....	31.
Total value " " "	£18,819.
Number of inspections and visits in connection with Building Licences.....	39.
Number of Building Plans submitted for approval.	42.
" " " " approved.....	42.
" " " " disapproved.....	Nil.
Visits in connection with inspection of foundations.....	19.
" " " " " of damp course..	19.
" " " " building inspection...	128.
Number of drain tests carried out in new buildings..	20.
Number of new houses erected during the Year:-	
By the Local Authority.....	26.
By other persons.....	2.
Conversion of premises in family units.....	Nil.

The under-mentioned salvaged materials have been collected during the period under review giving an income of £822. - 9d.,namely:-

Paper	58½ Tons.
Rags	10½ Cwts.
Metal	1¼ Tons.

(g) Shops. No action under this heading has been found necessary.

(h) Camping Sites. There are no camping sites in the Urban District.

(i) Smoke Abatement. No action under this heading has been found necessary.

(j) Swimming Baths and Pools. - There are no privately owned or other swimming baths open to the public in the Urban District.

(k) Eradication of Bed Bugs. - No action under this heading has been found necessary.

Inspection and Supervision of Food.

(a) Milk Supply. - There are no milk producers or cowkeepers within the Urban District.

Number of retail milk purveyors	2.
Number of Dealers Licences to use the special designation "Tuberculin Tested" milk...	2.
Number of Pasteuriser's Licences by County Council	1.

Ice-Cream. - Fifteen samples of ice-cream have been taken and the samples submitted for the Methylene Blue Test with the following results:-

Four	samples	were	Grade I.
Five	"	"	Grade II.
Four	"	"	Grade III.
Two	"	"	Grade IV.

Water. - Samples of water as supplied by the Eastern Gas Board to the consumers within this Urban District have been taken and all samples proved to be highly satisfactory.

Milk. - Forty-nine samples of Pasteurised milk have been taken by the Norfolk County Medical Officer's Department from the Sheringham premises of East Coast Dairies Ltd., and all satisfied the prescribed tests.

(b) Inspection of Meat and other Foods.

There are eight butchers' shops within the Urban District.

The slaughtering of food animals in the Urban District was discontinued under the Livestock (Restriction on Slaughtering) Order, 1940, except for the slaughtering of "self-supplier" pigs.

The under-mentioned foodstuffs have been condemned as unfit for human consumption during the Year, namely:-

Fresh Meat	4¾ Cwts.
Foreign Boiled Ham ...	361 Lbs. 10 Oz.
Tinned Meats	127 Lbs.
Tinned Fish	6½ Ozs.
Tinned Fruit	112 Lbs. 13 Ozs.
Tinned Vegetables ...	57 Lbs.
Tinned Milk	3¾ Pints.

(c) Adulteration, Chemical and Bacteriological Examination of Food. - The appropriate Authority under this heading is the Norfolk County Council.

(d) Nutrition. - No special work in the dissemination of knowledge on this subject has been considered necessary.

(e) Shellfish. - No shellfish are gathered within the area of the Urban District.

INFECTIOUS DISEASES. - The following table gives in the first column the number of cases of Infectious Disease that were notified in 1951, and in the second column the number of cases that would have occurred if the Rate for England and Wales had applied:-

Disease	A.	B.
Acute Pneumonia	-	.5
Diphtheria	-	.09
Erysipelas	-	.65
Food Poisoning	-	.60
Measles	2	65
Meningococcal Infections	-	.14
Paratyphoid Fever	-	.09
Poliomyelitis	-	.23
Scarlet Fever	-	.5
Smallpox	-	-
Typhoid Fever	-	-
Whooping Cough	32	18.0
Acute Encephalitis	-	Figures not available.
Chicken Pox	-	
Dysentery	-	
Glandular Fever	-	
Infective Hepatitis	1	
Malaria	-	
Ophthalmia Neonatorum	-	
Weil's Disease	-	
Puerperal Pyrexia	1	

The following table gives the notifications of Infectious Diseases arranged in age groups:-

Disease	Age Groups							
	Under 1	1-2	3-4	5-9	10-14	15-24	25 or Over	Total
Scarlet Fever	-	-	-	-	-	-	-	-
Whooping Cough	6	5	10	10	1	-	-	32
Poliomyelitis	-	-	-	-	-	-	-	-
Measles	-	-	-	1	1	-	-	2
Acute Pneumonia	-	-	-	-	-	-	-	-
Dysentery	-	-	-	-	-	-	-	-
Erysipelas	-	-	-	-	-	-	-	-
Puerperal Pyrexia	--	-	-	-	-	-	1	1
Infective Jaundice	-	-	-	-	-	1	-	1
Total	6	5	10	11	2	1	1	36

These notifications are, with the exception of Whooping Cough, well below the rates for England and Wales as a whole. The small total for Measles is especially noteworthy. The continued absence of Poliomyelitis was a satisfactory feature; this was the fourth successive year without a case, despite the general prevalence in the Country as a whole.

There are signs that the available preventive vaccines for Whooping Cough are becoming more reliable. This is now the most troublesome of the infectious diseases affecting children, and it is not unknown in adults. Means of preventing it with reasonable certainty are among the more urgent requirements of present day medicine.

TUBERCULOSIS.

Three new cases of Tuberculosis were notified during the year, all of them being Pulmonary. These figures give Case Rates of 0.6 and 0.0 for Pulmonary and Nonpulmonary. The corresponding Rates for the Administrative County of Norfolk were 0.60 and 0.25.

There was no Death from Nonpulmonary Tuberculosis during the Year, This compares with a Rate of 0.02 for the Administrative County of Norfolk. There was 1 Death from Pulmonary Tuberculosis, thus the Death Rate for all forms of Tuberculosis was 0.20. The corresponding Rate for England and Wales was 0.31.

The number of cases on the Register on December 31st. 1951, was as follows:-

	Pulmonary.	Non-pulmonary.	Total.
Male	11	2	13
Female	15	6	21
Total	26	8	34

In addition to the 3 new cases notified, 3 other cases were added to the Register. These were transfers from other districts.

HOUSING.

There is much substandard housing in Sheringham. Special provisions were made in the Housing Acts for dealing with such property, and there is no doubt that if it had not been for the recent War much of it would have been removed under Slum Clearance. As I write, the Central Authorities indicate that Slum Clearance may again be undertaken by the Local Authorities, and it is obviously important that a proportion of new Council Houses be reserved for occupants of projected Clearance Areas.

The existence of such property is not the fault of anyone. Its defects are due to senile decay, and to antiquated design; also to the growth of Sheringham, for conditions which are tolerable in a village are often no longer so in urban surroundings.

That good Housing is important to health is now a commonplace, and apart from the more obvious defects of cramped conditions and lack of amenities these buildings are in general lacking in light and ventilation. These are two most important factors.

NATIONAL ASSISTANCE ACT, 1948. - Section 47 - No action was required during the year.

REPORT ON THE ADMINISTRATION OF THE FACTORIES ACT, 1937.

Inspections for the purpose of provisions as to health, including inspections made by the Sanitary Inspector:-

Premises	Inspections	Number of Written Notices	Occupiers Prosecuted
Factories with mechanical power	9	4	Nil.
Factories without mechanical power	3	1	Nil.
Other premises under the Act	-	-	Nil.
Total	12	5	Nil.

Defects Found.

		Found	Number of Defects Remedied	Referred to H.M. Inspector	Number of defects in respect of which prosecutions were instituted.
Want of Cleanliness		4	4	-	-
Inadequate ventilation		-	-	-	-
Sanitary Conveniences.	Insufficient	-	-	-	-
	Unsuitable	-	-	-	-
	Defective	-	-	-	-
	Not separate sexes.	1	1	-	-
Other offences		4	4	-	-
Total		9	9	-	-

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In conclusion, I wish to thank your Sanitary Inspector, Mr. R. H. Sershall, for his invaluable assistance in the preparation of this Report.

I am, Mr. Chairman and Gentlemen,
Your obedient Servant,

J. H. F. NORBURY,
M.B., B.S., M.R.C.S., L.R.C.P., D.P.H.

Medical Officer of Health.